AUG. 1979

Valley College Welcomes You

Efforts To Improve Bus Service Lines Underway

Efforts are now underway to improve bus service to the college and to develop an effective system of car pooling, according to Transportation Chairperson David Moody.

One proposal calls for bringing the Woodman bus to

". . . students living six miles from campus could save $2 a day by riding the bus."—Thurston

Fulton Avenue between Oxnard and Burbank. Another is to extend the Magnolia line so that it runs north and south on Fulton from Magnolia to Sherman Way. Still anoither proposal is to bring the Coldwater Canyon (159) bus onto the campus at Ethel to pick up north and south-bound passengers.

There is also an effort being made for better lighted bus stops on campus and bus schedules that fit closely with the dismissal of classes. Much more frequent evening bus service is stressed.

Dr. Alice J. Thurston, college president, pointed out at a recent local RTD hearing that Valley College students are looking for ways to save gas and dollars. She estimated that with the majority of the college's 22,000 students living six miles from campus, they could save $2 a day by riding the bus.

Furthermore, she cited the fact that 56 percent of the students have incomes below $6,000 a year.

Student Body President Richard Cowsill spelled out the two proposed bus routes to the hearing board and underscored the fact that clásses start September 18.

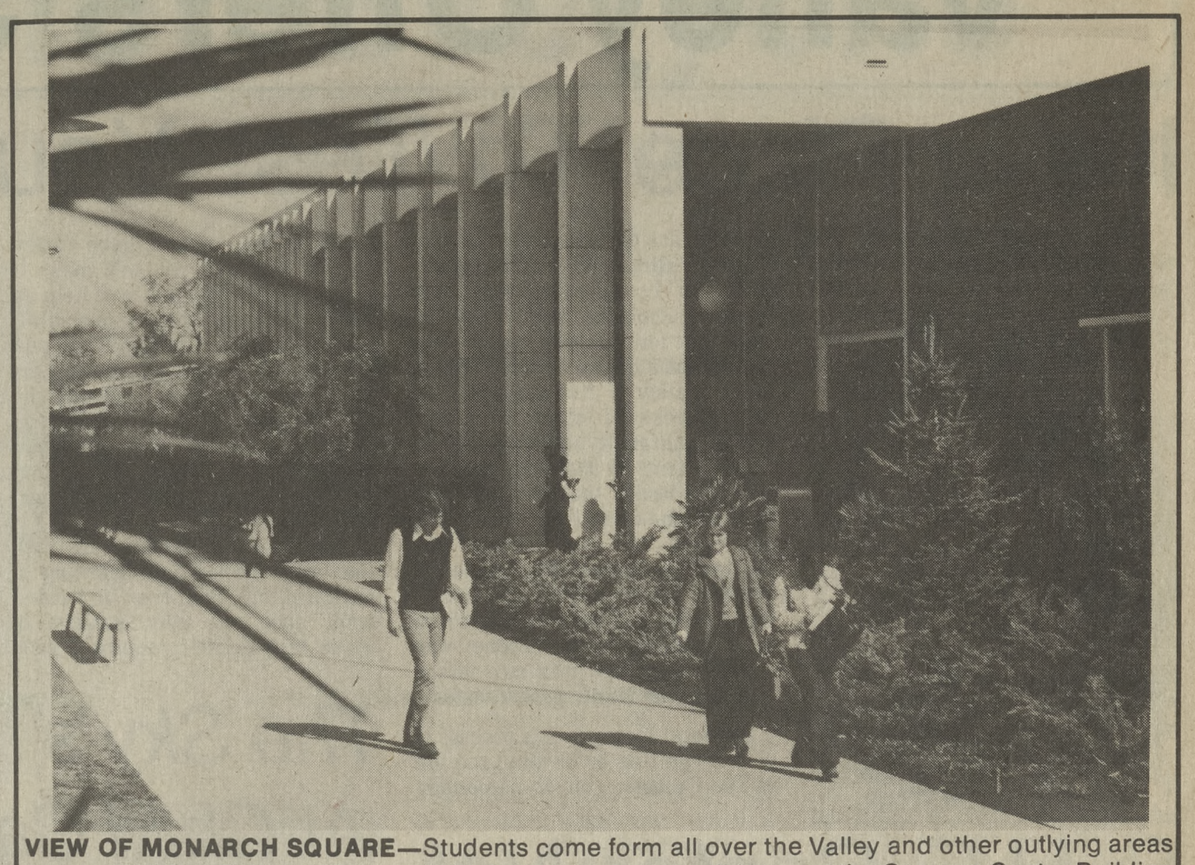
"If these proposals are granted and the transportation on other lines is improved," the college was told, "continuation will depend on usage."

Dwight Winegar, student transportation committee member, has suggested that students use the following two ways to beat high transportation costs; fill out a Commuter Computer form during registration, and join a carpool; and get a bus pass and ride the RTD to and from college.

Bus passes can be purchased in the Business Office at a student rate of $14 per month.

The committee will make forms for Commuter Computer registration available during the enrollment period. As soon as the student is scheduled, filling out the form will bring a list of names and phone numbers of persons living in the same home area who have the same attendance hours.

A transportation information center has been set up in the enrollment area. Displays show RTD routes and fuel availability. Bus passes can be purchased in the Business Office at a student rate of $14 per month (regular cost is $20 up).



VIEW OF MONARCH SQUARE—Students come form all over the Valley and other outlying areas to attend Valley College. Here, two students are shown walking past the Campus Center Building in Monarch Square.

AA Degree Helps Find Better Jobs

There are many advantages to earning your associate of arts degree at Valley College rather than at a four-year university.

Many students have reported finding better jobs, commanding higher pay, after attaining their degrees.

There is no tuition at Valley. This is of primary importance to most people, especially low income families, persons uncertain of their career goals, or those interested in learning for the pleasure that it brings them.

Also, over 85 percent of the classes offered at Valley are transferable to larger schools, either UC system, or CSUC, such as Northridge.

Classes are much smaller at Valley, rarely exceeding 60 persons. This allows more personal attention to the student. There is also more personal counseling department and learning skills center, as well as special laboratories.

At Valley, unlike larger universities and colleges, professors are not burdened with research and publications to earn their promotions. Therefore, they can devote all of the time to teaching, which is why they are here.

If you are aiming for a degree, be it bachelor, master or Ph.D., these advantages are worth noting. If you're not sterring in that direction, an A.A. degree will improve your chances of employment in the job market.

Less expensive, more personal attention, better teaching. It all adds up to an associate of arts degree at Valley College.

Valley Star

LOS ANGELES VALLEY COLLEGE

SPECIAL EDITION — Van Nuys, California — AUGUST 1979

Counselors Help Students To Succeed

Here at Valley, there is a dedicated corps of people ready to help with questions which you may have about making out your schedules, transferring to another college, or helping you put your life back together.

This dedicated group of people make up Valley's counseling office. They can help you towards achieving your educational goals in the easiest and quickest possible way.

They aren't a limited species either. There is always a counselor waiting to help you with whatever problems you may have, at the "Drop In" desk.

Or, you can set up an appointment with any counselor of your choice by simply taking a minute to fill out a card with your name and student ID (Social Security) number at the appointment desk.

Maybe you're a little leary about talking to someone you don't know. Would it be easier to talk to someone, your own age, about your problems?

Well, don't look any further. Valley has well trained peer counselors you can also assist you with just about any question you can throw at them, and they are always ready to listen to your personal problems, too.

Many of the counselors are located in the Administration Building, so they are right on the way to wherever you're going.

The counselors are provided as one of the many student services of the college.

They urge you to make an appointment early to talk about making up your schedules, and changing or dropping classes.

There is usually a waiting time of a week or so just before and after enrollment periods, which is the "rush season" for counselors.

They recommend that you come in early and make an appointment so that you can get a time that fits your schedule conveniently.

In addition to this, if you are interested in becoming a peer counselor, wh ich so many students are, you can take Personal Development 15, with Ramiro Rosillo.

By taking this class, you may qualify to become one of the peer counselors, serving the students yourself. Besides learning and meeting many people, you will be earning money by working for the college.

If you have any questions about your schedules, or about the exciting prospect of peer counseling, come on in and talk to us — the counselors of Valley College.

College Courses Available

*Accounting
*Acting
*Administration of Justice
*Advertising Design
Advertising
Afro-American Studies
*Allied Health
Anatomy
Anthropology
Architecture
Art
Astronomy
*Banking
Biology
Biology, Marine
*Biomedical Equipment
Botany
*Broadcasting
*Business
*Ceramics Design
Chemistry
Chicano Studies
*Child Development
*Cinema Arts
*Color TV Servicing
*Computer/Information Science
Cooperative Education
*Dietetic Assistant
*Design
*Directing
Drafting
*Early Childhood Education Aide
Earth Science
Economics
Education
*Electronics
*Engineering, Civil
*Engineering, Electronic Drafting
*Engineering, General
*Engineering Geology
English
Environmental Studies
*Exceptional Children Teacher's Aid
*Family and Consumer Studies
*Fashion & Retail Merchandising
*Finance
*Fire Science
French
General Education
Geography
Geology
German
Health
*Health Services Management
Hebrew
History
Home Economics
*Hotel-Restaurant Management
Humanities
*Human Services Worker
Industrial Arts
*Industrial Technology/ Manufacturing
*Insurance
*Interior Design Merchandising
*Investments
Italian
*Jewelry Design
Jewish Studies
*Journalism
Law
*Library Media Technology
Linguistics
*Magazine — Journalism
*Management
Mathematics
*Mechanical Engineering
*Medical Assisting
*Merchandising
*Metal Machining Technology
Meterology
Mexican-American Studies
Microbiology
Mineralogy
*Motion Picture Technician
*Music
*Newspaper — Journalism
*Nursing, LVN
Nursing, RN
Oceanography
*Office Administration
*Office Machines
*Office Worker
Personal Development
Philosophy
Photography
*Photo-Journalism
Physical Education
Physical Science
Physics
Physiology
Political Science
Psychology
Public Relations
*Public Service
Reading
*Real Estate
*Recreation Assistant
*Respiratory Therapy
Russian
Salesmanship
Science
*Secretarial Science
*Secretary, Executive
*Secretary, General
*Sociology
Spanish
Speech
*Stage
Statistics
*Supervision
*Television Technician
*Theater Arts
*Tool Design
Typing
*Volunteer Program Management
*Word Processing
Zoology

Students Check Other Means of Transportation

Of the students surveyed by the Valley Star, over one-third indicated that with the skyrocketing price of gas, they will soon be forced to find an alternate form of transportation to college.

Many cited the RTD as that means of transportation; however, various other ways were brought up. Among the most popular were bicycling, roller-skating, skateboarding, and walking.

In fact, one student, who bore an uncanny resemblance to comedian Steve Martin, said that he would be "riding my unicycle to school instead of driving my Edsel."

"It takes too much time to get gas," said another student, "so I'm going to ride the RTD.

Over 84 percent of the students who responded to the survey drive to the college and the driving distance for these students varies from one-half block to 26 miles.

On the average, students commute 9.2 miles from their residence to the campus. This would cover a radius spanning from Reseda to Burbank and from Hollywood to Northridge.

Of these commuters, the average car received 22.8 miles per gallon.

Despite this however, 19 percent of the students surveyed have found it a financial hardship to drive to school.

When asked if the outrageous gas prices forced them to miss any classes, the same 19 percent indicated that it had. But when asked if they had noticed other students missing from those same classes, the total climbed to 54 percent.

Without a doubt, 70 percent of those surveyed felt that the shortages have definitely been created by the oil companies and not foriegn sources.

"It's all caused by the moneygrubbing oil companies," said one student, when informed that Standard Oil of California returned its largest profit in the company's history for the first quarter of 1979.

Another student commented, "Part of the problem lies in the consumers, they created the problem themselves because of their greed. They are being typical Americans . . . they had to have a full tank of gas to go down to the supermarket."

Very few of those surveyed were positive about the situation at the gas pumps. Almost everyone complained that the prices were completely ridiculous.

Many of those surveyed were displeased. Fifty-five percent said that it had changed their lifestyles. "It scared the hell out of me," said one enraged student. "It woke me up to what's happening."

Others had many varied responses. "I can't come to the computer center and I'm falling behind in my programming," commented a female student.

Looking on the bright side, on said, "I'm riding my bike more and that's good for me."

Campus police report that the number of students riding bicycles on campus has risen sharply in the past couple months. "I've noticed that the racks around the Humanities Building are packed, whereas there are usually about five bikes," said Campus Security Officer Marvin Hopkins.

The most common response was, "I do less driving and spend more time planning my routes. I do more walking and consolidate my errands."

One student definitely believes that this crisis has a bright side, "I laugh a lot more often now, at all the dummies that own exploitive capitalistic cars."

Look, over there, UNICYCLE AHOY!

Financial Aids, Grants Available To Ease Students' Money Woes

For many students, it is very difficult to go to college, maintain a full-time job and still satisfy the bill collector.

For this reason, there is a Financial Aids Office on campus.

By going into the office and filling out a few forms, you may find out that you are entitled to certain benefits because of your financial status or one of several other reasons.

When you go in, you will fill out a Student Aid Application of California, SAAC.

Any student applying for aid, whether a resident or not, must use this form, noted Gaston Green of the Financial Aids Office.

The SAAC covers 99.9 percent of the financial aid possible. The only type of aid which is not included in this is in the form of scholarships and loans from private institutions.

Some of the programs involved with SAAC include, National Direct Student Loan, Basic Educational Opportunity Grant, College Work study, Supplemental Educational Opportunity Grant, and Nursing Loans and Scholarships.

The amount for which you may be eligible may vary depending on your marital status. A dependent non-married student may receive a maximum of $1,575. However, Green pointed out that it is unusual for anyone to receive the maximum.

For independent single students, $3,960 is available. If you are divorced or widowed with a ch ild, you may be eligible for $6,940, just as if you were married. You can apply in Campus Center 4.

Enrollment Doesn't Take Very Long at Valley

Contrary to visions of long winding lines through buildings, it takes only 31 minutes, on the average, to enroll at Valley College after completing a registration form and getting an enrollment appointment.

The registration form is a one page simple questionaire which takes only a few minutes to complete.

Enrollment is by scheduled appointment, which can be obtained in the Administration Building. Applications are accepted in the Admissions Office and an enrollment appointment issued.

To ensure a greater selection of open classes, though, apply early. The application deadline for regular enrollment is August 31, but late applications will be accepted until September 14.

The admissions office is open from 8 a.m. to 9 p.m. on Monday through Thursday and 8 a.m. to 4 p.m. on Friday.

If you have any troubles, counselors are available on a drop-in basis or by appointment. They are eager to serve and help students so don't hesitate to call upon them.

When you enroll, you'll have to choose from over 80 classes, so it is wise to have a list of the classes you want, as well as several alternates in case the class is full.

According to Joy Schlickenmyer, information clerk at Valley College, if you miss an appointment to enroll you can make it up either 11:30 a.m. or 8 p.m. any day following day following your appointment.

However, to keep registration flowing along, it is recommended that the enrollment appointment be met on time.

The whole process usually takes only 31 minutes, and then you can be on your way, prepared for an enjoyable educating experience at Valley next semester.

VC GOLD CARDS NOW FREE AGAIN TO ALL SENIORS

—PAGE 2

COLLEGE IS MORE THAN HARD WORK, IT'S LOTS OF FUN

—PAGE 3

Valley Offers Something to All

It's a Place To Test Your Goals

If you will pardon our pride, we think Valley College is special. Some of the reasons why we feel this way are described in this issue of the **Valley Star**, a newspaper that has consistently won high national accolades. You will be discovering for yourself other and more subtle characteristics which make Valley a fine college: the friendliness of staff, the willingness of faculty to help students, the maturity of students, the concern for issues that pervades the campus, the excellence of concerts and plays and other college activities, the courses that stimulate you and challenge you. Valley College is truly the place where there is something for everyone who wants to learn and grow as a person and discover exciting new vistas.

ALICE J. THURSTON

The vital factor in this process is you. By getting involved in the life of the College, you do something for all of us. You will make Valley part of you, and you will make it **your** college. And you will help us become stronger and more vital. Valley is a place where you can test your goals and develop your potential. For many older students, the College offers a way of staying intellectually alive. And when you need help, you must tell us, and seek out our many support services.

Sometimes students come with the crazy notion that learning is hard and dull. So it may be hard — what does one ever achieve of value that doesn't require a good deal of effort? But dull? No! Once you discover the exhilaration of learning you will be hooked — for a lifetime. This is the most satisfying addiction I know. To communicate better, to understand more, to discover new facets of yourself is the ultimate reward. And nowhere else in the world can you do this, tuition free, except in California. Millions of people throughout the world do not have these opportunities Shakespeare wrote, "You must take the current when it serves, or lose your venture."

Alice Thurston
President

HEARING IS BELIEVING—Dean William Lewis, Kathleen McCreary, acting director of child development center, and several of the children there examine the newly dedicated observation booth.

S.-H.E. Center: Not For Women Only

Life and college are changing. No longer the domain of kids fresh out of high school, a third of all college students today are over 25; more than half are women. The average age of a Valley College student is 27. It is predicted that by 1980 more than 11 million college students will be 35 years old or older.

Valley College is ideal for the returning student with its dual program vocational and transfer. A student can train for a new career, study for a degree, or expand his or her horizons. Returning to school can be filled with trepidation, however, and there are facilities to aid the returning student.

The S.-H.E. Center is a place ready to help. Located in Campus Center 108, S.-H.E. (Students in Humanistic Experience) is designed to aid the non-traditional student. A friendly greeting, a cup of coffee, and mellow music create a warm atmosphere. At S.-H.E. Center, there are a variety of services, counseling, a library and resource center and referrals to on and off campus services. Workshops are also conducted to stimulate personal development such as returning to school, surviving being alone, unmasking male and female relationships, and others, depending on students' desire and need.

The S.-H.E. Center is also part of the Women's Return to Education program, offering a special guidance to women returning to college. Students are encouraged to drop by the center or call 781-1200 ext. 264.

The Sky's the Limit At Child Care Center

In one area of Valley College, tricycle traffic winds its way around sand piles and jungle gyms.

It's not some new class on the psychology of regression, but Valley College's Campus Child Development Center, located on campus on the corner of Oxnard and Ethel.

It's available to children of low income eligible parents either free or at a low cost. The service is free is the parent is eligible for a state grant. If not, the fee is based on a sliding scale. Full time students (those taking 12 units or more) have priority over morning or afternoon students.

The center, first started four-years-ago, enables many women to attend college who would otherwise not be able to.

"If it weren't for the center," one parent explained, "I wouldn't be able to go to college. I had my oldest son here when the center first opened, and now I have two children who attend, and I'm very happy with the service it (the child center) gives."

Not merely a babysitting center, the center provides a variety of learning experiences such as plays, field trips, arts and crafts, animal care, music, carpentry, gardening, cooking, science experimentation, skating and biking. Children can spend all day playing with others in their own age group, as an additional highlight to this program.

Parents who wish to attend Valley College and have small children age 2½ through third grade can receive application information by calling the center at 988-8570.

One final note of warning: The speed limit for tricyclists shall not exceed five miles per hour in this area. (DMV Code .005.)

Physical Disability: No Handicap, Wheelchair Access Ramps Built in

If you have a physical disability it won't hamper your getting a good education at Valley College.

The campus is relatively flat and accessible to wheelchairs. Most of the buildings have ramps leading to classrooms and such other facilities as the library, bookstore, and cafeteria.

Parking is no problem either. There are ample spaces within close range of all classes that are reserved for the disabled.

To enroll all you need to do is go to the Special Programs Office located in the Administration Building and they will take care of the rest. George Kopoulos, coordinator of Special Programs, will put his staff to work in processing your application. Specially trained and experienced counselors are there to help and advise you, not only on your enrollment, but throughout the year.

Students who have permanent or temporary disabilities including orthopedic, epileptic, neurological, respiratory, blind or partially sighted, deaf, hard of hearing, cardiac, cerebral palsy, diabetes, or other disabilities, such as limiting locomotion or physical function, are qualified to receive these special services.

Many other services are offered. Some of them, located at the Learning Center, include tutoring, audio-visual aids, and a speech department for students who need individualized instruction. For the visually impaired there is a Visualtek Portable Visual Aid System that enlarges print and projects it on a screen. Books can be put on tape for listening to at your convenience. Or you may have a reader read your text to you. For the blind and visually impaired, there is a Braile dictionary in 72 volumes and an enlarged print dictionary. Note-taking is another service offered to the blind, visually impaired, deaf, or a person with functional writing disabilities. For the deaf there are interpreters skilled in sign language. Various other services may be provided depending on individual need.

The Special Programs Office have wheelchairs available and a mobility consultant can be provided if needed. For those with electric wheelchairs, housing and battery chargers for overnight charging are available.

Referrals may be made to the California Department of Rehabilitation (DR) for possible sponsorship at Valley. Special arrangements for books and materials can be made at the student store for all DR students.

If you're having trouble finding housing to fit your needs the Special Programs Office can help you with that also. Although housing is not furnished, assistance may be obtained in the housing search.

Got a personal problem? The Handicapped Awareness program, located in the Campus Center, is there to help you.

Almost any obstacle can be overcome with Valley's accessible campus instructional aids, individualized counseling, and people who care.

Don't let a physical disability handicap you. Enroll now at Valley College by contacting the Special Programs Office at 781-8423 for the deaf or hearing impaired, the direct line at 781-8423, or 781-1200 ext. 267.

SIGN OF THE TIMES—Handicapped Valley student warns off reckless pedestrians as he works at a computer terminal in the Data Center near the library.

Many Seniors Respond to Survey: 'Coming Back Changed My Life'

"It's changed my life for the better!" was the overwhelming response from a poll of senior adult students about their experience at Valley College with credit and non credit classes.

More than 100 students, 60 years or over, have replied to a questionnaire sent out by Ruth C. Pevna, a journalism major.

"Valley College," she says, "has changed my life tremendously. When I came here in 1977, I was very unsure of myself. I doubted that I could do college work. After I took my first two classes ('Self Awareness' and 'Journalism'), I was inspired. I found out about myself and I found that I could write. I won an award in journalism for a magazine article entitled 'Education Isn't Just for Kids.'"

Pevna, who is married and a grandmother, made the Dean's Honor List and last June was graduated, with an associate in arts degree in journalism. She had planned to transfer immediately to California State University, Northridge but has now decided to stay for another semester at Valley College and study in the Speech Department.

A TV script is being made around her and her questionnaire with the prospect of it being a pilot project for use throughout the country.

The project coordinators include not only 66-year-old Pevna, but also broadcasting majors Steven Spires, Robin Steckler, and Esther Williams.

The questionnaire starts with, "It seems almost everyone has a true human interest story to tell about their experiences as a result of returning to college. Experiences such as associations with young people, near learning adventures, new awakenings both personal and academic, new avenues of pursuit and a new life with rewards. We would like to hear all about you. Won't you please take a little time and tell us your story."

Among the replies, there were these. A Registered Nurse wrote: "I wanted to learn how to write. Now that I'm taking courses in writing, I'm a much more secure person. My husband and five children are happy."

An 84-year-old widow who earned a degree at Juilliard School of Music in 1920 answered, "I attend class every day for piano practice, although I have to take the bus coming and going."

A 70-year-old professional writer said that now he has time to explore the many interesting subjects he had always wanted to learn about, such as art, astronomy and business finance.

An accountant now has time to study French and journalism, subjects that he always wanted to learn.

An elementary school teacher and administrator said that she "returned to my first love — music."

Others declared, "I feel I'm maximizing my time in a most productive way," and "I learn things I would not have studied by myself."

"To be in touch with youth on a near-sense contemporary basis is wonderful."

"I consider it an honor and a privilege to attend."

"It's a hell of a lot better than watching television."

"It has made our retirement more vital."

"I never had the opportunity to go to college when young."

"It has helped me to talk with ease in front of groups."

"I'm on my way to getting a Master's Degree."

"I came here without friends, now I have many."

"Valley College means so much that we've decided not to move to another neighborhood."

"A couple who is in my German class plans to take me on a North Sea cruise."

"As a result of Valley College we attend more concerts and theater." Finally, "I attend a short story writing class and am on my way to publication."

"Throughout the responses," declared Pevna, "there is a line of hope. People who were filled with despair, widowed, and had lost their children, now have found goals and fill their life with satisfaction.

"We seniors shout from the housetops that the community college is the place to start life all over."

VA Assistance Available Now For Education

Veterans, you've done your time; you have your share of memories and stories of the service. But now, it's time you look to the future, your future.

You may have thought about going back to school, but, perhaps obligations to your family and employer have interfered with those plans.

Use your educational benefits. You'll further your education and by being a part-time student you can take the minimum of six units (six hours a week or the equivalent of two courses) and earn $156 a month if your single; $186 if you have a dependent.

In most cases, eligibility for benefits runs for ten years from date of discharge and you need not have a high school diploma to attend Valley or any other community college; merely be deemed capable of profiting from the instruction.

For those who feel refresher courses are needed, the VA, in some cases, will pay your subsistence and won't charge these courses against your educational entitlement.

If you're interested or curious and want more information call 781-1200 ext. 423 or come talk to a counselor at the veterans office here at Valley.

You've done your time; now it's time you do something for yourself.

Valley Jobs: Enjoy — Learn While You Earn

If there is a common bond among Valley College students, it is trying to pay the bills. The education is free, but food, books, housing, and gasoline are not.

That is where the Placement Office comes in. Located at the north side of the Campus Center, the office helps students find part or full time employment while in school and full time positions after graduation.

A display case outside the office shows new listings each day, and inside there are hundreds more listings on cards, describing the type of job, pay, location and qualifications.

To register, a student must show a student ID, fill out an application, choose jobs he's interested in and see a 15 minute slide show orientation. Once registered, the student remains on file for the duration of his or her stay at Valley.

Most jobs listed in the office are in nearby communities, so working students can easily commute.

Valley Star
LOS ANGELES VALLEY COLLEGE
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EIRAM POLLARD
Editor-in-Chief
Member, California Newspaper Publisher's Association
Member, Associated Collegiate Press

—It's Free, Fun for Everyone

Biking Profs. Say Try Riding Here

Smug? Well, let's say self-satisfied.

At a time when motorists are bemoaning the clutches of the gas pump and blowing the dust off conservation, the grins of several professors most certainly deserve a degree of smugness. Long lines at the service station are only part of the scenery for these pedantic profs who pedal their way to school.

"It's fun, it saves money, and you get a good view of things one normally whizzes past," says Prof. Richard Raskoff, chairman of the Earth Science Department, who on Mondays bikes a healthy 15-mile trip to Valley on his purple Auto Moto 10 speed.

For most of the professors,saving gasoline is the pleasant advantage in riding to school. Prof. John Buchanan, chairman of the Speech Department, has ridden 16,000 miles in the past eight years and has reduced his two-car family to that of one. Physics Department Chairman Prof. Myron Mann is a Nine-year biking veteran who is also a one-car family man. He estimates a minimum $1,000 a year savings. History Prof. John Maddox bikes 15 miles to Valley an average of four days a week—a decision determined by the last gas crunch.

Although now most people see red at the mention of gasoline, to the bikers saving energy is not the first incentive for riding to school. According to Anthropology Chairman Prof. Burt Sisken, exercise and pleasure are prime motives.

"There's no reason not to do it. It's fun and it gives you time to think."

Time to think. Time to hear, see, and smell things that, according to the bikers, one doesn't observe in a car.

"There are the smells of different times of the year — spring, and newly mowed grass," says Mann. "It's true," says Buchanan. "You can hear the birds sing and can smell the flowers. There's a closeness to nature."

Beyond the somewhat romantic aspect of biking is the major incentive for all the professors: good health and a comradeship you feel with other bikers.

Since 62-year-old Buchanan started riding to school in 1971, he has better weight control and lower blood pressure. In fact, (as if the twangs of guilt some drivers feel now is not enough) he could be in better shape than some of his students. Sisken sees biking as a pleasurable way to exercise, while Mann adds, "It does flush out the arteries. But it really puts your body where your mouth is in treating the planet with a certain amount of care. We are all caretakers of the earth."

Perhaps, most could ascertain, feeling good is reason in itself to don a pair of tennis shoes and wipe the cobwebs off the ol' handlebars. If not, take another look at those grins. Definitely smug.

WE ARE . . . VC—(top to bottom) Cheerleaders Janet Evans, Steve Kaplan, Judy Streit, and Dart Sipes proudly proclaim that Valley sports teams are number one.

VC Monarchs Offer Thrills, Excitement

Yes, Valley College is much more than textbooks and hard work. There is a fun side to higher education too.

After straining and studying to pass that class that you call a "Killer," you can relax and attend one of the many athletic events which are scheduled at Valley year-round.

Football, basketball, water polo, wrestling, track, cross country, tennis, and baseball are just a few of the men's sports at Valley.

The Women also boast a fine program with volleyball, swimming, softball and more.

And winners you want, well, winners you'll get.

Although a member of the Metropolitan Conference, which is one of the toughest community college conferences in the country, Valley always manages to put a winner out on the field, court, or diamond.

Valley's '79 football season will be a good one, as Head Coach Steve Butler promises. The team has fine facilities including a practice field and Monarch Stadium which can comfortably seat more than 7,000 for the big games.

Most of the Monarch's football games are played on Saturday nights at 7:30 p.m.

If a good game of basketball appeals to you, there are men's and women's basketball teams. Both also have outstanding facilities; each have a first rate gymnasium and full-size court.

Valley's water polo team will be starting their second year working with their own pool. Last year, having their own pool made a world of difference as the team, headed by Bill Krauss, fought towards their finest season ever, capturing undisputed second place.

Oh, by the way, second in water polo is something to be proud of because the team goes to the playoffs, and no one other than Long Beach has finished in first for the past 21 years.

Students who purchase Associated Student Body memberships receive a reduced rate to all home athletic events.

The school is expecting a banner year from the athletic teams, and you can be there to see it happen. Pick up a chedule at the Men's Athletic Office, or watch the Valley Star for games and times.

Fight 'Spare Tire' With Us

Is the "spare tire" around your middle instead of in the trunk of your car? Do you get winded climbing the two steps to your front door? Does your daily exercise program consist of walking back and forth between your chair and the TV set to change channels?

If you answered "yes" to any of the questions above, the Valley College Physical Education Department wants you!

Valley offers a wide variety of physical activities to get you in tip-top shape, from football, tennis racquetball, and softball, to self-defense, sailing, bowling, backpacking. Valley's brand-new parcourse is also great for getting and staying physically fit.

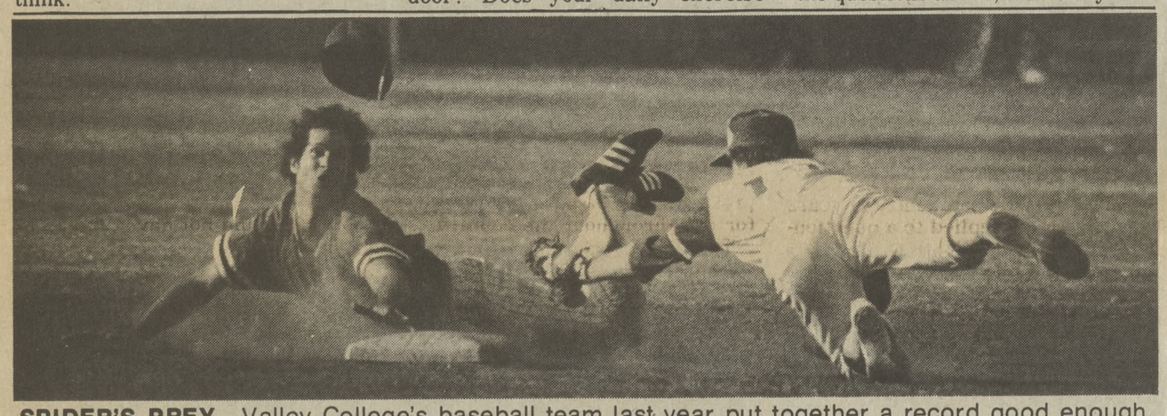
For the more serious and skilled athlete, Valley offers an intercollegiate sports program. Valley, along with six other colleges, is a member of the Metropolitan Conference for Men's, Women's, and Co-Ed Athletics.

A full program of intercollegiate athletics is scheduled by the Conference, including football, cross-country, baseball, track, basketball, gymnastics, swimming, water polo, golf, tennis, wrestling, volleyball, softball, and co-ed badminton.

For those who wish to participate in competitive sports, but who are not members of the intercollegiate teams, a program of intramural sports is also carried on during the year.

With the variety and types of physical education classes and activities that Valley offers, there is practically no excuse to be inactive anymore. Besides meeting new people, you won't have to exercise alone, and you'll be doing your body and your health a favor.

CLOWNING AROUND—One of Valley's water poloists clowns around with some makeup before a match. Valley's polo team is coming off its finest season ever.



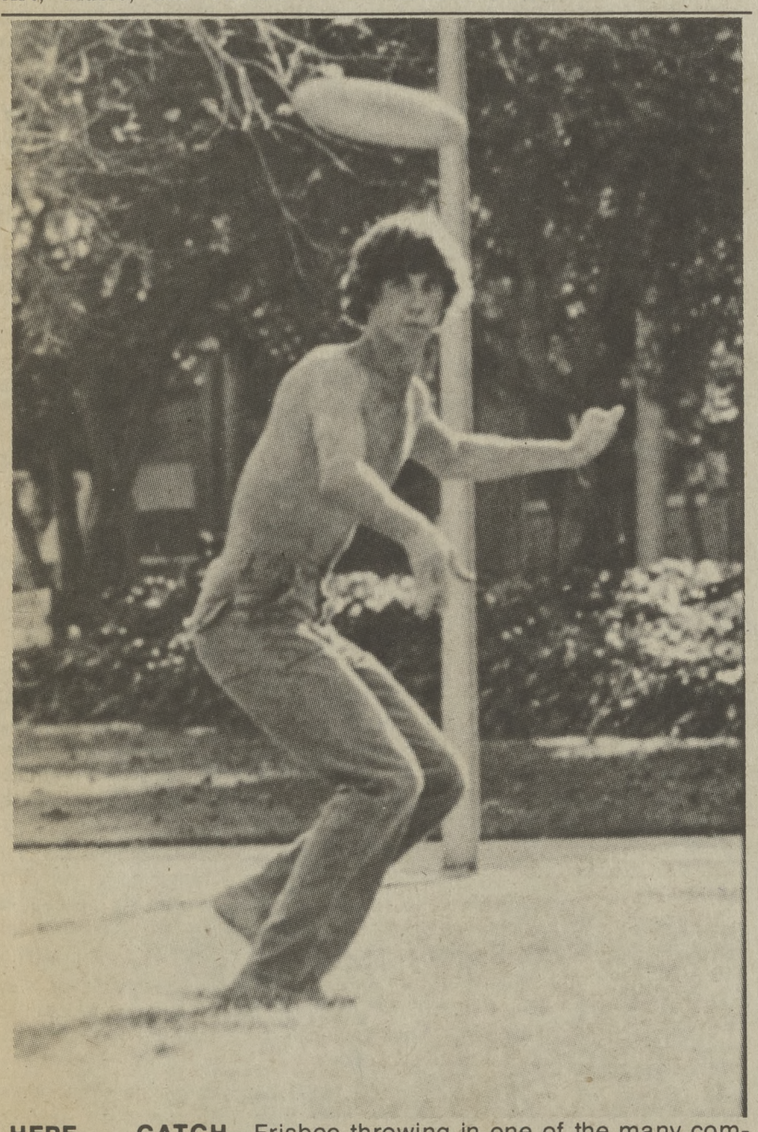
SPIDER'S PREY—Valley College's baseball team last year put together a record good enough to earn it a top ranking in the state tournament.

Arts Are Fulfilling, Transferable

At Valley, the arts are special because students are given the opportunity to perform and perfect their talents as well as expand them.

Visual and performing arts are the key programs at Valley. The Art, Music, and Theater Arts buildings houses classes where students can fulfill their creative drives.

All of Valley's arts are transferrable to four-year institutions, and there are vocational programs leading to occupational certificates in several areas.



HERE . . . CATCH—Frisbee throwing in one of the many common sights at Valley. Students gather in Monarch Square in the heart of the campus to get a tan, exercise or just talk.

The visual arts, housed in the Art Building, range from Beginning Design to print making workshop, with ceramics, sculpture, painting, drawing, and advertising art in between.

The Music Department offers many courses for anyone with a desire to greater understand music.

Valley has its own symphony, jazz band, chorale, and a cappella choir.

Every field of music is taught, from traditional to modern for students with either a career goal or just a goal of self-fulfillment.

The Theater Arts Department, too, offers a wide range to transfer, vocational, and recreational programs. A combination of expert instruction and professional facilities provide students with training in all aspects of motionpicture production.

With the dance, there is a class especially designed to teach students the beauty and art of movement and expression. This is the Dance Majors class.

"To be a dance major, or to be in the class, does not take ten years of dance experience," said Jeanne Bosco, teacher of the Dance Majors class. "The class is unique in its own way because the students are guided to totally involve themselves in the world of art, in the form of movement."

The forms of dance the Majors experiment within this three unit class are variations of modern, ballet, and modern jazz.

Besides working with these forms of dance, the majors are exposed to some dance history and are given chances to watch videotapes of popular dancers and dance companies.

"Dance is an art, and anyone who wishes to experience it as an art should try the Dance Majors class. I have found students who have dance talent they never realized they had. Movement can be a very exciting thing to experience.

Dive Right on in, We've Lots of Wet Fun Ahead

Students enrolling in swimming courses no longer need leave campus for such classes due to the completion last spring of Valley's pool.

In the past, private pools were leased by the college for such courses as water polo, water ballet, beginning and advanced swimming.

Students not enrolled in swimming courses may, between 11 a.m. and noon on Tuesdays and Thursdays, use the pool to keep in shape, relax, or to practice their diving from either the high or low diving boards.

Special facilities, though not yet completed, are being built to accommodate the handicapped.

The pool is located between the Men's and Women's Gym and students wishing to use the pool must furnish their own towels and swim suits. The "basket system" is used rather than locker facilities — that is, students check in their valuables and are given a number by a security guard. The valuables are then placed in the appropriately numbered basket. To reclaim them the proper number must be presented to the guard.

Though solar energy was proposed as an alternate source of heating, the pool is currently heated by conventional means.

Remember, you need not be enrolled in swimming courses to take advantage of Valley's pool.

MONARCH MOUNTAIN—Chock-full of interesting things to do, watch or eat, Club Day is always a favorite event among Valley students, as it was here last spring.

There Is a Club Waiting To Join You

You have an interest; you have a need; we have a club.

There are ethnic and religious clubs, political clubs, hobby clubs, educational clubs, and athletic clubs.

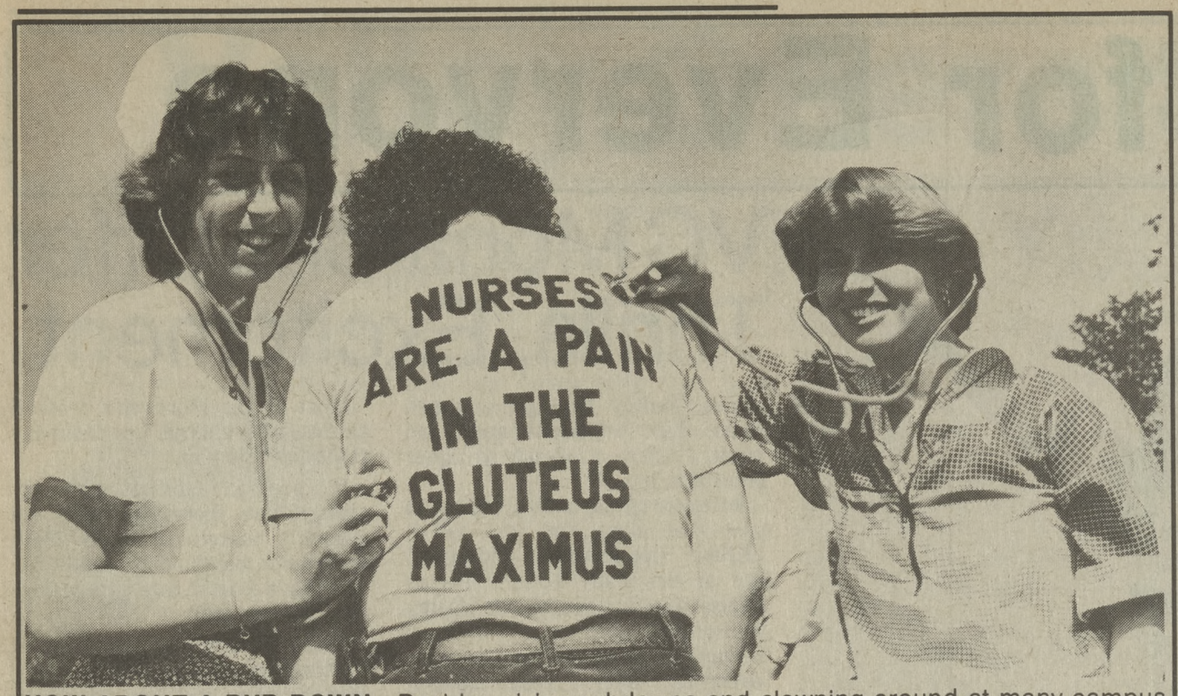
Whatever your niche, Valley College has a club for you.

There are some 55 clubs that function either fully or partly, through Valley College. 23 of them are registered Valley College clubs, and others operate within the community.

Whether you ski or play chess, dance or swim, you can rub elbows with other people with the same interests. New clubs form every year, and if no existing club suits you, you can form your own.

Enrolled students can join for pleasure as as an aid in gaining experience in the major of their choice. Future nurses can join the nursing club; artists, the art club, and the athletically minded can join any one of several athletic clubs on campus.

Clubs hold outings, get togethers, picnics, and informative talks. All clubs gladly welcome new members at any time during the semester.



HOW ABOUT A RUB DOWN—Besides giving rubdowns and clowning around at many campus events, the Nursing department offers a fine program here at Valley College.

Learning Center Offers Individualized Instruction

Students are finding out that learning can be fun at the Valley College Learning Center.

Kathryn Akers, Supervising Instructor at the Learning Center, estimates that more than 300 students per day use the facility, which offers completely individualized instruction through a variety of media.

The Learning Center began in 1965 in a tiny bungalow on the Van Nuys campus as an experimental program. Since then, the idea of Learning Centers has "caught fire in educational institutions all over," says Akers. Valley's Learning Center has been moved to larger facilities twice since 1965 and is presently located in the lower level of the Campus Center at the college.

The Learning Center is unique in that it allows students to learn through the medium to which they are best suited, such as audio-visual, programmed reading, etc. Students work individually at their own pace on their own projects.

Audio cassettes, video tapes, film strips, programmed books, and a speed reading machine are all available for use at the Learning Center, along with 40,000 pieces of catalog equipment.

The center is staffed by a full-time English teacher, a part-time reading consultant, and up to 50 student workers.

Several courses may be taken for credit at the Learning Center, with the advantage of totally individualized instruction. Make-up showings of Instruction Television (ITV) programs are also available. Akers forsees an "educational revolution" in the next 10 years. She believes that more and more of the methods used for individualized instruction at the Learning Center will be incorporated in the classroom.

Anyone can use the Learning Center. First-timers to the Center listen to an 18-minute orientation tape which explains what is offered and how to use the materials. They also receive an information sheet explaining how to use the card catalog.

The Learning Center is open Monday through Thursday, 8:30 a.m. to 9 p.m., and Friday, 8:30 a.m. to 2 p.m.

We Can Help Find Careers Suited to You

Do you feel lack of money or lack of direction keeps you from pursuing a career?

Statistics show most people do not know what career suits them. The Career Guidance Center offers both testing and counseling in vocational and career fields to enrolled students.

If money is the problem, students may be eligible for a loan, grant or student work studies. The Student Work Studies Program is especially convenient for those who have to take the bus. It allows for school and work to be centrally located, saving both time and money.

Ann Morris, director of the Career Guidance Center, welcomes all enrolled students to come in for testing and talk about your career preference so we can help you select your right courses. We also have a library of information."

Aside from courses of study, the CGC provides outside information in terms of referral to government agencies which may be of financial assistance to the student, such as Public Assistance and Vocational Rehabilitation.

Students can earn college credit by working in a related field th rough the Co-operative Education Program. The class meets once a week and credit is determined by hours worked.

ONE OF THE LARGEST

VC Library: Quiet, Informative

If you're looking for a special book, a certain magazine article, you need to do some research, or just want to sit and study in peace and quiet, the Valley College library is the place to go.

One of the largest in the Valley, the college library shelves more than 115,000 books. Its card catalog lists not only all the books in the library, but also all the audio cassettes, video cassettes, filmstrips, slides, and programmed books in the Learning Center. There are up-to-date indexes to help you locate the exact information you need in books, magazines, and pamphlets.

Many reference books, including dictionaries, encyclopedias, yearbooks, and volumes of collective biography, such as **Who's Who in America**, are also available for use in the library.

In the periodicals room you can find current information on every topic imaginable. The library subscribes to more than 800 magazines and journals, ranging from **Accounting Review** to **Mademoiselle** to **Zoologica.** Among the ten daily newspapers received are the **New York Times,** the **Christian Science Monitor**, and the **Wall Street Journal.**

A pamphlet collection, also located in the periodicals room, is filed in folders by subject and is kept constantly up-to-date. There are also files which contain materials giving information about vocations and professions.

If you need guidance in finding a book, magazine, or information on a certain topic, a staff of eager-to-help and experienced librarians is always available to assist you.

All enrolled students can check out library materials by showing their I.D. card. The library is open Monday through Thursday, 7 a.m. to 9 p.m., and Friday, 7 a.m. to 4 p.m.

Journalism Department Named Best in State

For the second year in a row, the Valley Star has been named the finest newspaper in the state at the state convention of the Journalism Association of Community Colleges.

The Star received the prestigious "First Place, General Excellence" at the Sheraton Inn in Fresno, recently.

William Payden, chairman of the department, believes that the department has achieved so many high honors year after year because of the fine faculty.

"We have an extremely talented core of advisers in the department," said Payden.

The department employs six full time advisers as well as many part-timers. Eddie Irwin, Leo Garapedian, Al Lalane, Roger Graham, Steve Grossman and Payden make up this finely balanced machine.

The campus newspaper, Star, has consistantly received the highest of honors. A perennial winner of the "All-American" award, Star is one of the few schools nationwise which recently won the award.

Furthermore, Star has won the award over 40 times, and has only failed to gain all-American status three times since 1954.

The Pacemaker Award, which is given yearly by the Associated Collegiate Press, has been awarded to Star a record six times in the last twelve years. This award is given to the best paper in America in each of four divisions.

No other school has ever won more Pacemaker awards than the Star.

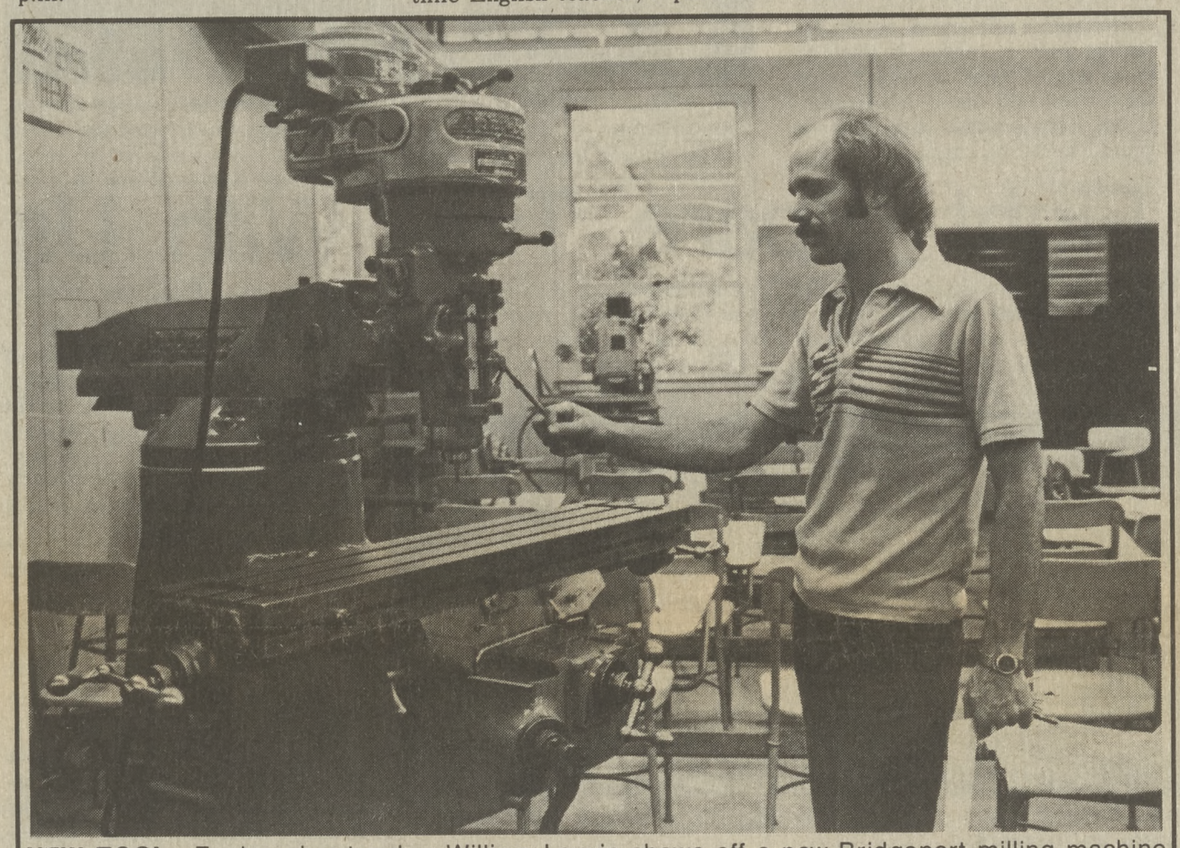
Star captured these awards in 1967, '70, '71, '73, '74, and 1978. An incredible achievement!

The department, besides offering a fine program in Newspaper journalism provides courses aimed toward magazine and photo-journalism.

Crown Magazine is a product of the department and is produced each semester. It offers an instrument for the magazine-journalism branch of the program.

Valley College offers occupational certificates in newspaper, magazine, and photo-journalism. Furthermore, the department fully prepares the serious student to go straight into the field.

Journalism at Valley, it's the way to go.



NEW TOOL—Engineering teacher William Lavoie shows off a new Bridgeport milling machine recently acquired by Valley's machine tool training program. It is a basic tool in the manufacture of dyes and irregular shaped items in modern technology. Star photo by Ruth Korb

VC Features Computer Training

Want a high paying job in the field of computers? Valley College is the place for you.

Why pay a high fee to a private school when you can learn everything you ever wanted (or needed) to know about computers at no cost.

There are two excellent occupational programs offered at Valley. You can also earn your AA degree while advancing your employment opportunities. The Computer Science certificate, when earned, will allow you to enter the computer programming field. It is designed for the student who will be writing production programs for business applications such as payroll, personnel, billing, accounts receivable, accounts payable, inventory and various other accounting functions.

The Information Science certificate, when earned, will allow you to enter the more quantitive fields and the field of Data Management. It stresses the needs and problems found in information storage, organization and retrieval.

The chances for job placement are good. A Programmer/trainee may earn as much as $950 monthly.

Keeping current is so important that an advisory committee, composed of people in the computer industry, evaluates the curriculum yearly, providing the department with an update on advances in equipment, innovations, and current needs of science and business.

The computer lab is equipped with time-sharing terminals, Key punches, and a XEROX 530 computer and also uses the time sharing service (IBM-370-158-os/vs 2-tso and HASP) provided by the Community College District. This includes all major languages.

Students may work in the student lab turoring and managing the lab under supervision, which provides direct experience in their chosen field. Users have available programming assistance from the computer learning center lab assistants days and evenings, Monday through Thursdays and days, Friday and Saturday.

The computer learning center is located in Library 120, just north of the administration building where you can enroll tuition-free.

ASB ID Fee Well Worth Every Penny

During the time you are enrolling, you will be asked if you wish to buy an Associated Student Body membership.

Before you buy it for the sole reason that you need the parking sticker, think about one thing.

For the most part, Valley College is free to you. The fee asked for by the ASB is very small compared with the fees which are charged just to enroll and go to a state university.

This year it costs $9.50 for full-time and $6.50 for part-time students to buy ASB membership. However, this money doesn't just go for parking. It actually gives you a whole lot more.

This year's ASB budget, in large derived from the ID fees, will be used to support the men's and women's athletics, intramurals, non-athletic awards, commencement and more.

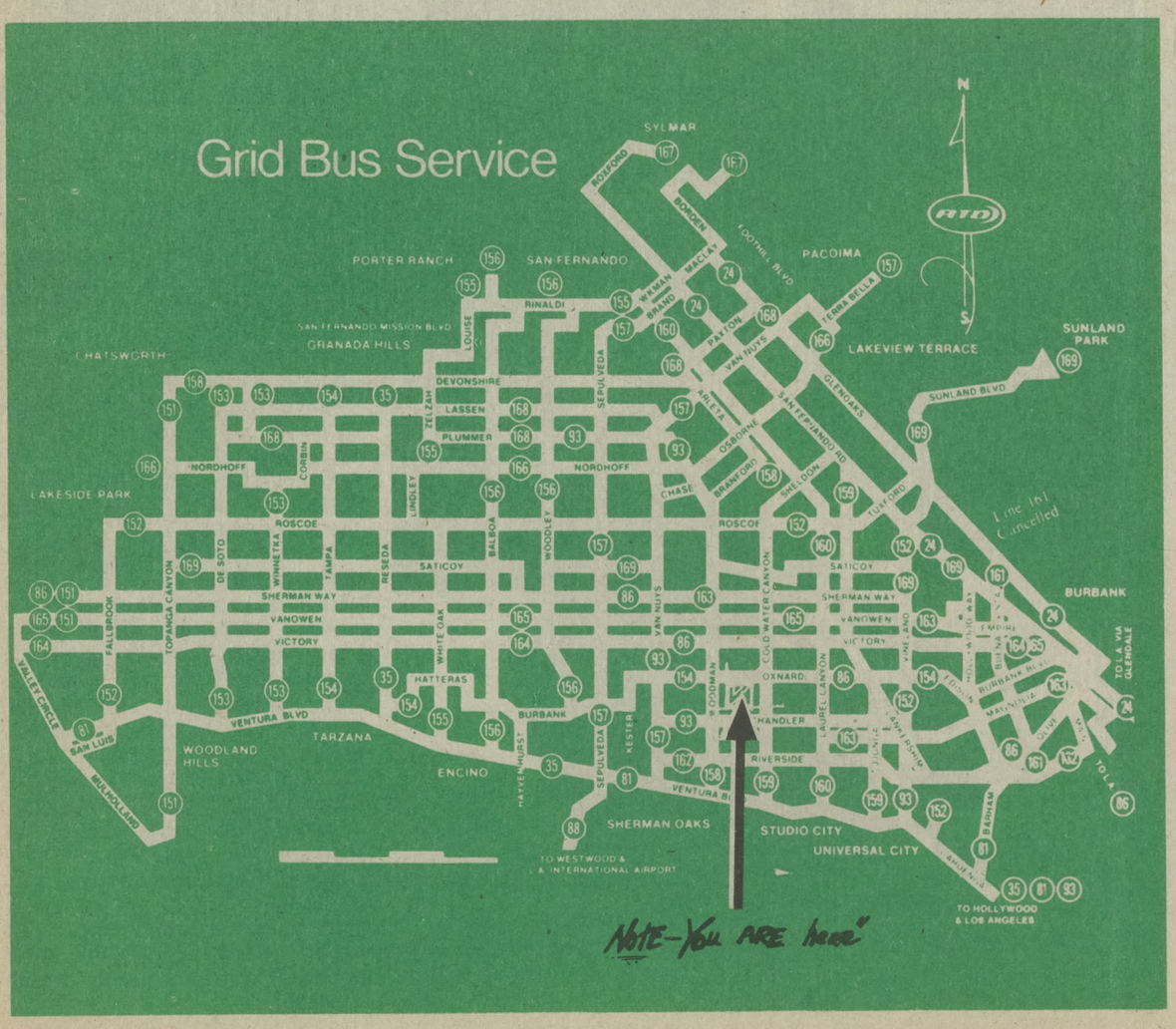
The ASB provides free legal counseling for members. They also set up a distinguished lecture series, scholarships and grants.

They keep the library open on weekends during the fall semester, and this is a great help to any conscientious student. The fund Crown magazine, which is given free at the end of the semester to every member.

Proceeds from ID'd help support such class related activities as Broadcasting, Forensics, the Art Gallery, concepts by the Music Department, one-act plays in Theater Arts, and more.

The ASB arranges concerts out in Monarch Square, in the heart of the campus, for all to enjoy.

"The ASB ID fee is well worth your money. It does a lot of good for you and the whole school. The school gives you a whole lot, you can afford to give a small portion back," urges ASB President Richard Cowsill.



Variety of Language Studies Provides Opportunity of Acquire Bi-Lingual Skill

Learn another language free.

This fall, Valley College offers you Spanish, French, Italian, German and Hebrew. If you're a one-year legal resident of California, your only expense is that of the textbook. And you'll be way ahead of most Americans, whether or not you plan to travel.

According to a survey at the University of Michigan, fewer than 25 percent of all Americans can speak, read, or write any language other than English.

The survey indicated that more than half of the respondents wished they could speak a second language; and three-quarters believed that languages other than English should be taught in elementary schools. 40 percent believed that study of a foreign language should be required at the elementary level.

Of parents with children 16 or younger, 84 percent said they encouraged their children to study a second language, and 73 percent expected their children to have an opportunity to use a foreign language.

About 45 percent said they would like to study a foreign language in the future.

The study of attitudes toward foreign languages was conducted by Michigan's Survey Research Center and analyzed by the Center for Applied Linguistics. It was based on telephone surveys of 962 persons who made up, the survey research center said, "a nationally representative sample."

It found that four percent of all Americans had grown up in homes where a language other than English was used predominately, and six percent in homes where a second language was spoken as much as English.

Just over 41 percent of those surveyed said they were "familiar," with a language other than English but only 24.2 percent of the total said they could "read, write, or speak" it.

More Americans, 16.7 percent of the total, were familiar with Spanish than with any other foreign language, the survey found. Other languages included French — 13.5 percent; German — 11.3 percent; and Italian — 3 percent.